Tossed Salad for 100

Makes: 100 servings

Prep Time: 2-3 hours

Ingredients:

- **8 heads** lettuce, torn
- **10 lbs.** carrots, chopped
- **3 heads** celery, chopped
- **6 lbs** tomatoes, chopped
- **2 heads** red cabbage, shredded
- **6 lbs.** green pepper, chopped
- **6 lbs.** cucumbers, sliced

Other Options:

- **3 cups** sunflower seeds
- **8 cups** alfalfa, sunflower, or other sprouts
- **4 cups** tempe (or tofu), cubed, sautéed in olive oil until crispy brown
- **3 cups** cranberries

Equipment:

- **very large** mixing bowl
- **smaller** serving bowl

Wash all vegetables and chop into bite-sized pieces. (For ease of tossing and transporting, use thirty gallon plastic food storage bags, but be sure to double them to be on the safe side.) Use additional vegetables which might be on hand, such as broccoli, cauliflower, onions, zucchini, beets,

mushrooms, spinach, sprouts, apples, raisins, sunflower seeds, cooked whole beans (suchas chick-peas, kidney beans, and gren peas) and so on. Use a smaller salad bowl for serving and ony dress the salad in that bowl. Keep the rest on ice or refrigerated. Salad will keep overnight if undressed.

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